

YES FOODS: EAT MORE - ANTI-INFLAMMATORY -

Choose organic and/or local when possible.

1. Leafy Greens (Kale, Swiss Chard, Collard Greens etc.)
2. Cruciferous Vegetables (Broccoli, Cauliflower, Kale, Cabbage)
3. Beets
4. Carrots
5. Squash

6. Greens (romaine, arugula, baby spinach)
7. Cucumber
8. Zucchini
9. Pumpkin
10. Sea vegetables like Dulse, Kelp and Nori

11. Onions
12. Almonds
13. Walnuts
14. Pumpkin Seeds
15. Hemp Seeds

16. Chia Seeds
17. Flax Seeds
18. Blueberries (wild)
19. Avocado
20. Lemon

21. Fatty Cold Water Fish like Sardines and Wild Salmon
22. Grassfed Beef
23. Pastured Chicken
24. Apples
25. Pears

26. Virgin Cold Pressed Coconut Oil
27. Extra Virgin Olive Oil
28. Garlic
29. Green Tea
30. Rooibos Tea

5 Oh So Good
For You Spices!

1. Turmeric
2. Ginger
3. Cinnamon
4. Cumin
5. Clove



Eat.Live.Cool. 

ANTI-INFLAMMATORY RECIPES + LIVING

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NO FOODS: EAT LESS - INFLAMMATORY -

1. Sugar - White Sugar, Brown Sugar, Agave Syrup, Pancake Syrup, High Fructose Corn Syrup (HFCS) etc.
2. Artificial Sweeteners - Aspartame, Splenda etc.
3. Vegetable Oil - Canola, Sunflower, Cottonseed, Olive Oil in Clear Bottles
4. Trans Fats- Margarine, Hydrogenated or Partially Hydrogenated Fats, Deep Fried Foods
5. Dairy - Cheese, Ice-Cream, Yougurt, Milk, Cream etc.

6. Eggs - From Conventionally Raised Caged Chickens
7. Salmon, Farmed
8. Tuna - high in mercury which is inflammatory
9. Conventionally/Feedlot Raised Beef and Chicken
10. Processed Meats - Deli Meats, Sausages etc.

11. Alcohol - Wine, Cocktails, Beer, Cider, Hard Liquor
12. Refined Grains
13. Gluten Containing Grains - Wheat, Barley, Rye
14. Food Additives - MSG, Preservatives, Food Coloring/Flavorings etc.
15. Foods you are or may be allergic or sensitive to.
Common allergens are gluten, dairy, eggs, corn and soy.



NO: fast food,
processed,
packaged, deep
fried and caution
with restaurant
food.

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